



WHITE SAIL II PRACTICAL SKILLS CHECKLIST

Name:	Training Hours:	Date:
Date of Birth:		Boat Type:
Weather:		

The LTS/R committee recommends that sailors spend a minimum of 20 hours completing the skills below before moving on to the white sail II skills. Advancement prior to completion of the 20-hour practice time is authorized when a sailor can demonstrate all skills consistently.

SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently
ASHORE				
Parts of the Hull	Hull <input type="checkbox"/>	Daggerboard <input type="checkbox"/>		
	Bow <input type="checkbox"/>	Tiller <input type="checkbox"/>		
	Stern <input type="checkbox"/>	Tiller Extension <input type="checkbox"/>		
	Transom <input type="checkbox"/>	Auto bailer <input type="checkbox"/>		
	Fairlead <input type="checkbox"/>	Painter <input type="checkbox"/>		
	Rudder <input type="checkbox"/>	Hiking Strap <input type="checkbox"/>		
Rigging Items	Mast <input type="checkbox"/>	Boom Vang <input type="checkbox"/>		
	Boom <input type="checkbox"/>	Traveller/Bridle <input type="checkbox"/>		
	Block <input type="checkbox"/>	Spreader <input type="checkbox"/>		
	Shackle <input type="checkbox"/>	Forestay <input type="checkbox"/>		
	Cleat <input type="checkbox"/>	Shroud <input type="checkbox"/>		
	<input type="checkbox"/>	Goose Neck <input type="checkbox"/>		
<i>Comments</i>				
Sails	Mainsail <input type="checkbox"/>	Jib Sheet <input type="checkbox"/>		
	Jib Sail <input type="checkbox"/>	Main Halyard <input type="checkbox"/>		
	Mainsheet <input type="checkbox"/>	Jib Halyard <input type="checkbox"/>		
Knots	Tie a sheet bend in 10 sec.			
	Tie a rolling hitch in 10 sec.			
<i>Comments</i>				
AFLOAT				
Leave Dock	Skipper identifies the wind direction.			
	Good route planning & control.			
	Proper skipper commands.			
	Crew assist skipper.			
Returning to a Dock	Good route planning & control.			
	Proper skipper commands.			
	Crew assist skipper.			
	Sails are lower prior to docking.			
	Approaches head to wind.			
	Soft contact with dock.			



SKILLS		Not Demonstrated	Demonstrated	Demonstrated Consistently
<i>Comments</i>				
Helming Skills	Beating <input type="checkbox"/>	Close Reach <input type="checkbox"/>		
	Running <input type="checkbox"/>	Beam Reach <input type="checkbox"/>		
	Tacking <input type="checkbox"/>	Broad Reach <input type="checkbox"/>		
	Gybing <input type="checkbox"/>	Starboard Tack <input type="checkbox"/>		
	Stopping <input type="checkbox"/>	Port Tack <input type="checkbox"/>		
	Hiking <input type="checkbox"/>	Bearing Away <input type="checkbox"/>		
	Luffing <input type="checkbox"/>	Heading Up <input type="checkbox"/>		
Sailing by the Lee	Skipper maintains a straight course			
	Crew prevents the boom from gybing.			
Crewing Skills	Sail Trim <input type="checkbox"/>	Daggerboard <input type="checkbox"/>		
	Boat Trim <input type="checkbox"/>	Lookout <input type="checkbox"/>		
<i>Comments</i>				
Waves	Identify the four general types of waves conditions.			
	Identify the wind speed given the waves.			
Terminology	Point to windward.			
	Point to leeward.			
	Point to the skipper.			
	Point to the helmsperson.			
	Point to the crew.			
Self Recovery	Check the crew.			
	Maintain a grasp of the boat.			
	Crew to bow.			
	Skipper grasp jib sheet to right			
	Skipper to dagger/centerboard.			
	Sailboat kept head to wind.			
	Right boat under control.			
	Quick entry over transom area.			
	Bail Sailboat.			
Recover paddles and bailer.				
<i>Comments</i>				

Comments:

Instructor:
Instructor:

Instr #
Instr #